

# I Wish My —PROFESSOR— Knew...

## Raising Awareness To What College Students Can Keep Hidden Behind Their Personal Walls

### Hidden Personal Experiences

Two-thirds of college students report having experienced at least one traumatic event in their life.

-ptsd.com

At age nine my mother who was 48 chose a 22 year old guy over her own son. After being beaten, I grabbed a knife to tell my moms boyfriend and friends to stop. I was put in [REDACTED] for almost two weeks and was covered with bruises. After becoming an independent student I was forced to get the records from [REDACTED]. I discovered that she lied to them about everything so she didn't get in trouble.

#mylife

I wish my professors knew that I don't show my emotions frequently. I've lived through a lot, including catching my dad cheat and me being the one to tell my family. With this & other events, I've learned to bottle my emotions and it is also hard for me to ask for help. I am a strong and independent person and I don't like to rely on others.

## Hidden Feelings Of Overcommitment

35% of college students report feeling overwhelmed by schoolwork and other commitments.

-The American Freshmen: National Norms  
Fall 2014

I wish my professor knew that I have to work two jobs to afford my career as a student. Not only do I pay for my schooling, but all other bills. On top of school and two jobs, I need to find time to build my resume. All of this piles up with my personal life on top. Sometimes I just break down. I would like my professor to remember that there are many things outside of the classroom that are very important.

I wish my professor knew that I do try hard, but fall asleep a lot because I am working outside of class. It is hard to sit and do a lot of work after working/schooling all day.

I have to work 12 hours a week to pay for college. I wish I could do my best work on all my homework but I do not have time. I also cannot always afford all of my textbooks so ~~it is~~ it is very frustrating when I buy them and our class uses them once or twice.

## Hidden Personal Health Concerns

40% of college students with diagnosable mental health conditions did not seek help.

57% of them did not request accommodations from their school.

Concern of stigma is the number one reason students do not seek help.

[www.nami.org](http://www.nami.org)

I wish my teacher knew that I have a really hard time paying attention but I don't want to go to the doctor for it because I might get made fun of for having ADHD.

I wish my professors knew about ongoing depression in my life.

I wish my professor knew...

There is a lot of pressure to do my best in everything I do. And I try to do that. But there are times it is too much and you have to choose to take of yourself. So you don't put 100% into somethings. Then people get upset. I just wish they knew I am only one person, I can only do so much before I break.

## Mental Health Resources For College Students:



[halfofus.com](http://halfofus.com)



[mentalhealthamerica.net](http://mentalhealthamerica.net)



**ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA**

[adaa.org](http://adaa.org)



[nami.org](http://nami.org)

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